

# Emergency Prepared

## MEDICALLY Prepared



# *Medically Prepared*

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- **Board Certified Family Physician**
- **Training in Wilderness and Survival Medicine**
- **Training in Obstetrics and Pediatrics**
- **Stopped delivering babies 3 years ago**
- **Experience in Humanitarian Medicine in Underserved Countries**

# Medically Prepared

Three things to remember:

- Three **weeks** without **food**
- Three **days** without **water**
- Three **hours** without **shelter**
- Three **minutes** without **air**



So . . . It doesn't matter how many antibiotics you have if you haven't taken care of the above threes.

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**With this in mind lets address the important topics.**

## **Food:**

- **Must be storable**
  - **Must be partially portable**
  - **Must be well nourishing**
  - **Must have enough.**
- 
- **Canned, dried, dehydrated, freeze dried, etc. Mixture of all.**

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## **Canning:**

- **Time intensive, knowledge intensive, shorter storage life.**
- **Takes a large storage space.**

## **Dehydrated:**

- **Need a dryer. Shortest storage life. Limited foods.**

## **Freeze dried:**

- **Expensive to buy, Machine very expensive, longest shelf life**
- **Largest variety of foods.**
- **Compact storage. Very portable.**

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## Water:

- Wells are only good if you can get to the water / need power.
- Wells are only good if they remain uncontaminated.
- Filters can be large or small, portable or fixed.
- Filters can be made with clay pots, rocks, sand, and charcoal.
- Stored water needs to have Clorox in it.
- Even with Clorox, stored water needs to be rotated.
- Storage includes toilet bowels, bath tubs, etc.
- Good filters: Life straw, Sawyer,

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## Water:

- Home made filter.

Pot in a pot with charcoal inbetween.

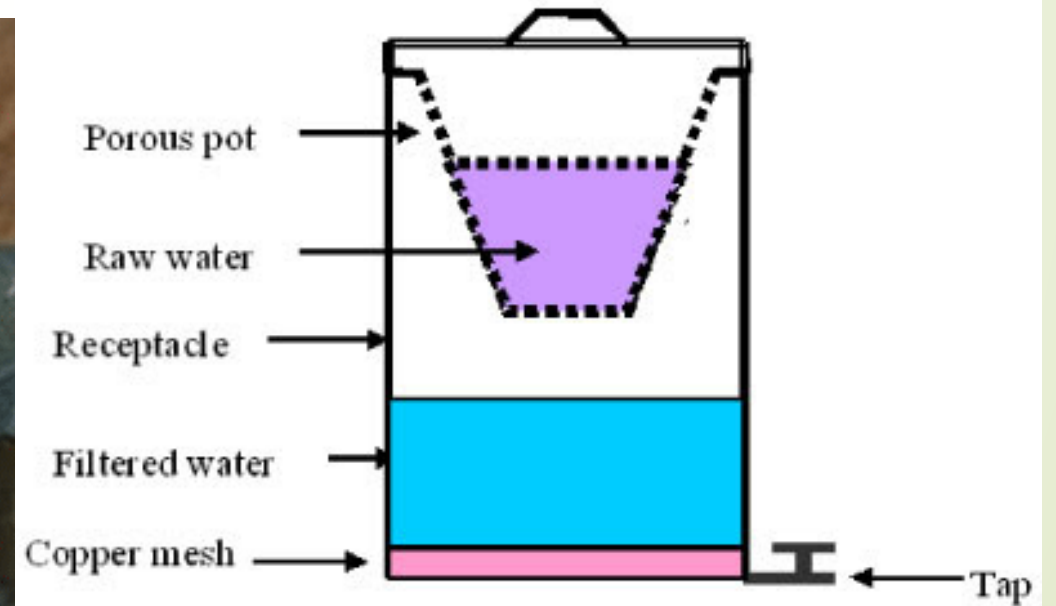
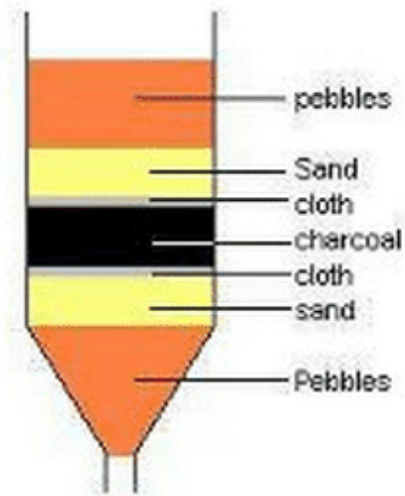
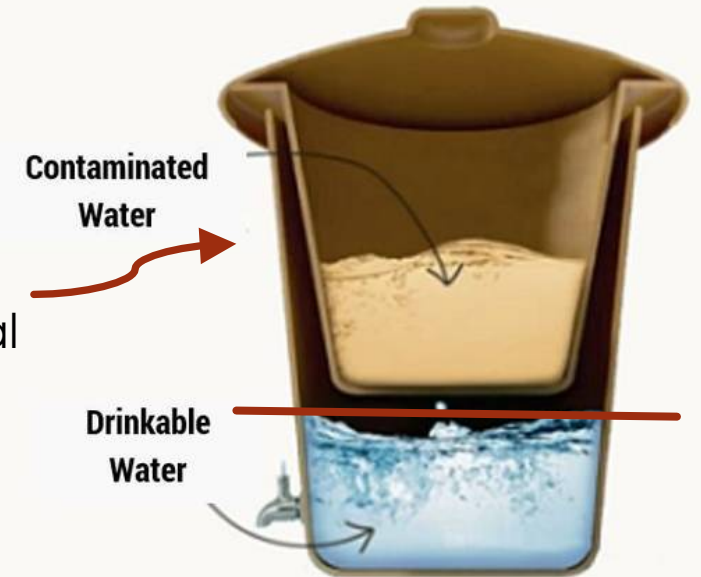


Figure 1  
Schematic diagram of a clay pot water filter (CPWF)

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## Shelter:

- Follow the prophet.
- Try to own vs rent, easier to hang on to.
- Make sure you have adequate heat, back up heat.

## Power:

- Solar vs Gas vs Natural Gas vs Propane
- Automatic vs plug in
- Run whole house vs essentials
- If fuel, make sure enough fuel storage available



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## Air:

- Masks come in different levels:
- Regular masks: Large particles only, dirt, dust, spittle, etc.
- **N95 mask** will be needed to block virus.
- Bio-filter / respirators masks are needed for biohazards, fumes, etc.

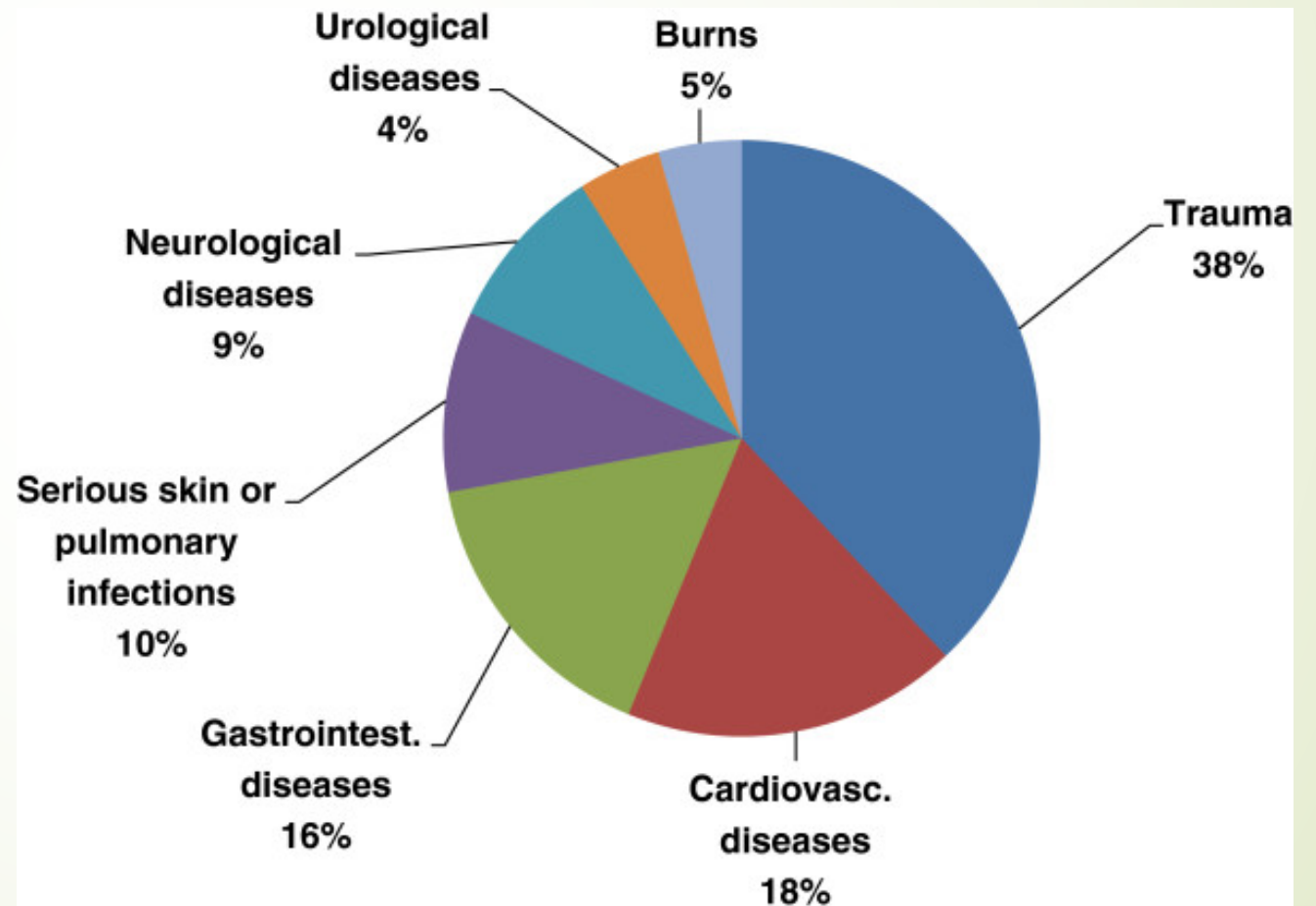
## Oxygen use / oxygen concentrators:

- Make sure you know how to service your machine.
- Oxygen concentrator, need power source to power it.
- Oxygen tanks work short term and need refilled.

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## Medical Supplies:

- No need to have something if you don't know how to use it.
- Plan for the most likely scenario.



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## Trauma

- Bleeding is the most likely complication.
- Stop bleeding by compression, chemicals, or tying off.

## Compression:

- Maxi pads (Ultra super absorbable, Tampons, Compression bandages. Don't ever remove, just add to.

## Chemicals:

- Drysol: small open wounds, nose bleeds, scrapes, shaving cuts
- Quick clot / Bleed stop / Woundseal: large wounds, trauma, life saving wound control

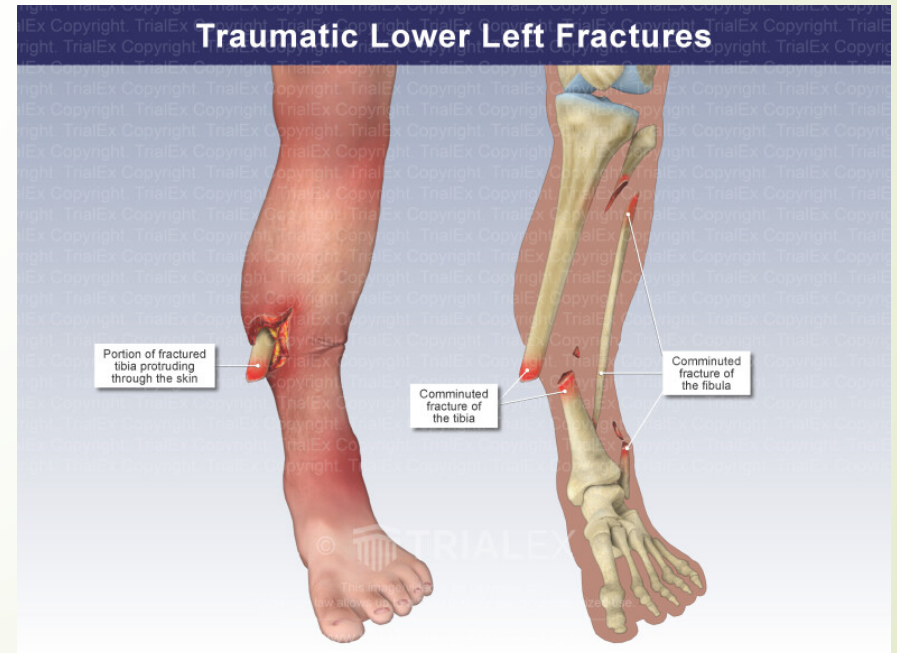
**Tying off:** sutures or Derma bond (super glue)

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## Trauma

**Broken bones: either leave them or set them.**

- **If you don't know how to set, leave them alone.**
- **Splint them in place, seek advice. Saw splint or similar.**



# Medically Prepared

## Medications:

- The following pages are a list of the most common medications needed.
- Rx = Prescription required, OTC = Over the counter
- Recommend at least a three month supply of your own medication.
- Medication don't expire. Don't throw them away!
- Epocrates app. Great resource for medications.
- Good Rx app. Can get medication cheaper sometimes.
- Canadian pharmacies can be cheaper: Northwest pharmacy etc.

**\*\* Watch for potentiation interactions.\*\***

# Medications / Uses / Dosing

## Stomach and Bowel

Dulcolax (bisacodyl) (OTC)	Laxative / Stool softner	5 mg tabs, 1 to 3 tablet once a day
Ex-Lax (Sennoside) (OTC)	Laxative / Stool softner	2 tabs or pieces either once or twice a day
MiraLAX (Polyethylene glycol (OTC)	Bulking agent / stool softner	1 heaping teaspoon or capful daily
Colace (Docusate sodium) (OTC)	Stool softner	100 mg tabs, 1 to 2 tabs every 12 hours

{ NOTE: BULKING AGENTS BRING WATER INTO THE BOWEL, SOFTNERS SOFTEN, AND LAXATIVES MOVE IT OUT! }

{ IT IS OFTEN ADVENTAGEOUS TO USE ALL THREE TOGETHER! }

# Medications / Uses / Dosing

## Stomach and Bowel cont.

Immodium (loperimide) (OTC)	Anti-diarrheal	2 mg, 2 tabs / caps initial dose, then 1 tab after each loose stool up to 4 tabs / caps in a 24 hour period
Kaopectate (bismuth subsalicylate) (OTC)	Anti-diarrheal / Anti- cramping	262 mg tabs, 1 or 2 tabs every 6 hours as needed ** (AVOID IF ASPIRIN ALLERGY) **
Pepto Bismol (bismuth subsalicylate) (OTC)	Anti-diarrheal / Anti- cramping	1 or 2 tabs /caps or 30 mL every 6 hours as needed ** (AVOID IF ASPIRIN ALLERGY) **
Antivert, (meclizine) (OTC)	Motion sickness / Vertigo	12.5mg - 25mg, 1 to 4 tabs every 12 hrs, not to exceed 100mg in 24 hrs
Dramamine (dimenhydrinate) (OTC)	Motion sickness / Vertigo	50 mg tabs and chewables, 1-2 tabs every 4 to 6 hours as needed
Zofran (ondansatron) (Rx)	Nausea	4 mg tabs / SL melts, 1 -2 tabs every 4 to 6 hours as needed
Nauzene (Sodium citrate dihydrate) (OTC)	Nausea	230 mg, 2 to 4 tablets, every 15 min, not to exceed 24 tabs in a 24-hrs
TUMS (calcium carbinate) (OTC)	Antacid / acid reducer / heartburn	2 to 4 tabs every 2 hours, no more than 10 tablets in 24 hours
Pepcid AC (famotidine) (OTC)	Antacid / acid reducer / heartburn	20 mg tablets, 1 or 2 tabs every 12 hours
Prilosec (omeprazole) (OTC / RX)	Antacid / acid reducer / heartburn	20 mg OTC, 40 mg Rx tablets, 20 mg to 40 mg every 24 hours

# Medications / Uses / Dosing

## Rehydration

Rehydration		
Oral rehydration salts (OTC)	Dehydration	No limit. The key with these is to "sip" slowly and consistently for hrs.
Liquid IV, LMNT, Drip Drop ORS (OTC)	Dehydration	otherwise they will vomit them back up. If that occurs, need IV fluids.
		*** Remember, the best way to treat dehydration is avoidance with
		pre-hydration and constant hydration during the activity.
		Be aware, stay ahead !!! ***

## Allergy / Anaphylaxis

Allergy / Anaphylaxis		
Benadryl (diphenhydramine) (OTC)	Allergic reaction / rash / early anaphylaxis	25mg tabs / chews, 1 or 2 every 6 hours as needed. *Will make sleepy.*



# Medications / Uses / Dosing

## Allergic rash (hives)

Allergic rash (hives)		
Benadryl (diphenhydramine cream) (OTC)	Allergic rash / hives / itching	Use every 4 hours to control the rash or itching.
Kenelog (Triamcinalone cream) (Rx)	Allergic rash / hives / itching	Use every 4 hours to control the rash or itching.
Cortisone 10 (hydrocortisone cream) (OTC)	Allergic rash / hives / itching	Use every 4 hours to control the rash or itching.
		*** Can use any of the above with other creams /ointments. ***

## Antibiotic creams

Antibiotic creams	Mupirocin Rx: good against MRSA	
Neosporin (bacitracin, neomycin, and polymixin b) ointment (OTC)	Skin infections, burns, rashes	Apply up to three times a day.
Triple antibiotic - Same as Neosporin		

# Medications / Uses / Dosing

## Protective barrier creams

Protective barrier creams / Moisture Calmoseptine (menthol, zinc oxide) (OTC)	Moisture barrier / healing	Apply as often as needed. Very thick, won't come off.
Gold Bond, Friction Defense ( Prevent sweating / Skin irritation) (OTC)	Moisture barrier / healing	Apply in the morning if expect to sweat a lot

## Insect bite relief

Insect bite relief		
After bite / Sting kill (benzocaine)	Numbing medication for insect bites	Apply as often as needed. Re-apply the spots when needed.
Benadryl gel	Stops itching, bug bites, etc.	Apply as often as needed. Re-apply the spots when needed.
Calamine Clear Lotion	Stops itching, bug bites, etc.	Apply as often as needed. Re-apply the spots when needed.

# Medications / Uses / Dosing

## Pain relievers

<b>Pain relievers</b>		
<b>Tylenol (acetaminopen) (OTC)</b>	<b>Pain reliever</b>	<b>325 mg, 500 mg (most common) 650 mg. 650 mg to 1000 mg every 6 hours as needed. Not to exceed 4000 mg in 24 hours.</b>
<b>Advil (Ibuprofen) (OTC)</b>	<b>Pain reliever / Fever reducer</b>	<b>200mg. 200mg to 800mg every 8 hrs. Not to exceed 3600 mg in 24 hrs.</b>
<b>Naprosyn / Aleve (naproxen) (OTC)</b>	<b>Pain reliever / Fever reducer</b>	<b>200 mg, 220 mg. Two tables initially, may repeat one tablet in 12 hours. No more than 3 tablets in 24 hrs.</b>
<b>Aspirin (OTC)</b>	<b>Pain reliever / Fever reducer</b>	<b>81 mg, 325 mg. 325 mg once a day.</b>
<b>Norco (hydrocodone / acetaminophen / ) (Rx)</b>	<b>Pain reliever</b>	<b>500 mg (most common) mg every 6 hours</b>
<b>(Narcotic)</b>		
<b>Ultram (tramadol) (Rx) (Narcotic)</b>	<b>Pain reliever</b>	<b>50mg most common, every 6 hours</b>
<b>Oxycontin (oxycodone) (Rx) (Narcotic)</b>	<b>Pain reliever</b>	<b>10 mg, 20 mg, 30 mg every 6 hours. No more than 3 tablets in 24 hrs.</b>
<b>Neurontin (gabapentin) (Rx)</b>	<b>Neuropathic Pain reliever</b>	<b>300mg tabs. 1,2,3, or 4 tabs every 6 hours</b>

# Medications / Uses / Dosing

## Antibiotics

Antibiotics - All can be used for UTI, sinus infections, pneumonias, skin infections, ear infections, except FLAGYL which is specific for bowel infections.

Amoxicillin (penicillin )(Rx) \*\*  
Penicillin \*\*

Antibiotic \*\*\* Penicillin \*\*\*

250 mg, 500 mg, 875 mg, Dose is 500 mg every 8 hours  
or 875 to 1000 mg ever 12 hours 7 to 10 days.

Omnicef (cefdinir) (Rx) \*\*  
Cephalosporin \*\*

Antibiotic \*\* Related to Penicillin \*\*

300 mg, Dose is 300 mg every 12 hours 7 to 10 days.  
\*\* If they had a very SEVERE allergy to penicillin you probably  
should NOT use this medication or Keflex on this person. \*\*

Keflex (cephalexin) (Rx) \*\*  
Cephalosporin \*\*

Antibiotic \*\* Related to Penicillin \*\*

250 mg, 500 mg. Dose is 500 mg every 12 hours 7 to 10 days.  
\*\* If they had a very SEVERE allergy to penicillin you probably  
should NOT use this medication or Keflex on this person. \*\*

Zithromax (azithromycin) (Rx) (Z-Pack)

Antibiotic

250 mg. 500 mg on day one, then 250 mg every 24 hrs for 4 more days.

# Medications / Uses / Dosing

## Antibiotics cont.

<b>Bactrim (sulfamethoxazole/trimethoprim) (Rx)</b>	<b>Antibiotic    <b>**Sulfa Drug **</b></b>	<b>400mg/80mg, Two tablets every 12 hours for 3, 5, 7, or 10 days. *** Ask about a sulfa allergy prior to using this medication. ***</b>
<b>Bactrim DS (sulfa/tmp - DOUBLE STRENGTH) (Rx)</b>	<b>Antibiotic    <b>**Sulfa Drug **</b></b>	<b>800mg/160mg, One tablet every 12 hours, for 3, 5, 7, or 10 days. *** Ask about a sulfa allergy prior to using this medication. ***</b>
<b>Cipro (Ciprofloxacin) (Rx)</b>	<b>Antibiotic    <b>**Bowel treatment**</b></b>	<b>250 mg, 500 mg. Dose is 500 mg every 12 hours for 3, 5, or 7 days.</b>
<b>Flagyl (Metronidazole) (Rx)</b>	<b>Antibiotic / antiparasitic <b>**treats bowel**</b></b>	<b>250 mg, 500 mg. Dose is 500 mg every 8 hours for 7 days. Typically use with Cipro to treat infectious diarrhea.</b>

# Medications / Uses / Dosing

## Cough and cold preparations

Cough and cold preparations - (DM = Dextromethorphan which helps with cough) (D = Sudafed - pseudophedrine) (PE = phenylephrine)		
Mucinex plain or D, DM (guaifenesin) (OTC)	Antimucolytic (breaks up mucous or snot)	1000 mg twice a day.
Sudafed (pseudophedrine) (OTC)	Decongestant	30 mg, 60 mg, 120 mg ER. 30 or 60 mg every 4 to 6 hours. . 120 mg ER twice a day. Should only take for about 10 - 14 days
Afrin nasal spray (OTC)	Decongestant	<b>JUST DON'T TAKE. CAUSES REBOUND CONGESTION. REALLY BAD!</b>
Vicks Datytime (tylenol/DM/PE) (OTC)	Anticough / decongestant	120 mg ER twice a day. Should only take for about 10 - 14 days
Vicks Night time (tylenol/DM/PE/doxalamine) (OTC)	Anticough / decongestant / sleep	120 mg ER twice a day. Should only take for about 10 - 14 days
Alka-Seltzer Plus (Cough and Cold)		120 mg ER twice a day. Should only take for about 10 - 14 days
Vicks / Ricola Cough drops (OTC)	Anticough / decongestant	120 mg ER twice a day. Should only take for about 10 - 14 days
		120 mg ER twice a day. Should only take for about 10 - 14 days

# *Medications / Uses / Dosing*

## Daily Vitamins and Minerals to help avoid viruses

### DAILY TABLETS TO STAY HEALTHY AND AVOID VIRUSES ETC.

ZINC 50MG

Immune system builder.

Once a day in am or pm.

Vitamin C 1,000mg

Immune system builder.

Once a day in am or pm.

Vitamin D3 5,000 IU

Immune system builder.

Once a day in am or pm.

Quercitin 500mg

Immune system builder.

Once a day in am or pm.

Daily MultiVitamin

Immune system builder.

Once a day in am or pm.

*Thank You for your attendance!*

*Questions?*

*If you are prepared, ye shall not fear.*

## 10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.  
Stock your emergency kit with these essentials.



 Non-perishable food & water	 Flashlight & extra batteries	 First aid kit	 Sanitation & hygiene supplies	 Sleeping bags & warm blankets
 Communication devices	 Change of clothes & shoes	 Eyeglasses & hearing aids	 Medications & equipment	 Health information & documents

To learn more about how older adults can be prepared, visit  
[www.nia.nih.gov/disaster-preparedness](http://www.nia.nih.gov/disaster-preparedness).